

## INSTRUCTION

### SCHOOL WELLNESS

The Board of Education of Champaign School District is committed to providing a learning environment that supports and promotes wellness, good nutrition, and an active lifestyle and recognizes the positive relationship between good nutrition, physical activity and the capacity of students to develop and learn.

#### I. GOALS FOR NUTRITION EDUCATION

- a. Students in PreK – 12 shall receive nutrition education as part of a sequential, standards-based program coordinated within a comprehensive health education curriculum and is integrated into the lesson plans of other subjects.
- b. A combination of classroom instruction, nutrition education in the cafeteria, health fairs, field trips or assemblies which include appropriate student interactive activities shall be available each year.
- c. Personnel shall have training and participate in professional development activities related to wellness issues, nutrition education, physical activity/education, etc.

#### II. GOALS FOR PHYSICAL ACTIVITY

- a. Students in PreK – 12 shall participate in standards-based physical education, which is consistent with national/state/district standards/guidelines and is coordinated within a comprehensive health education curriculum and is integrated into the lesson plans of other subjects.
- b. Elementary students shall have daily-supervised recess.
- c. Physical activities will be available to students through a range of before- and after- school programs.
- d. Physical education will be provided by state certified staff that regularly participates in continuing education.
- e. Extended periods of inactivity shall be limited and students shall be provided activity breaks during long periods of inactivity.

#### III. GOALS FOR OTHER SCHOOL-BASED ACTIVITIES

- a. The school campus administration shall take every measure to ensure that student access to foods and beverages on school campuses meets federal, state, and local laws and guidelines.
- b. Foods and beverages brought in school for parties/celebrations/meetings are encouraged to be healthful options, suggestions can be found on the District website, in the school student handbook, through the PTA Council, room parents, principals, and teachers.
- c. School-based organizations are encouraged to raise funds with non-food items, suggestions can be found on the District website, in the school student handbook, through the organization sponsors, principals, and teachers.
- d. Commercial advertising on campus is strongly encouraged to involve only foods and beverages that meet nutrition standards.
- e. Foods and beverages consistent with the current Dietary Guidelines for Americans and Food Guidance System (MyPyramid) shall be promoted.
- f. All district-supplied foods and beverages on campus shall comply with the federal, state and local food safety and sanitation regulations.

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- g. Community partners shall be encouraged to provide students with additional opportunities to be physically active.
- h. School personnel are encouraged to use nonfood incentives or rewards with students.
- i. Vending machines will be stocked with items that are consistent with the recommendations of the Dietary Guidelines or the nutrition requirements for the National School Lunch Program and all applicable state and local laws and regulations.
- j. Nutritious, age-appropriate foods and beverages shall be available wherever and whenever food is sold or offered at school.
- k. School personnel are encouraged to find alternative discipline methods other than with-holding recess.

IV. GOALS FOR SCHOOL MEALS

- a. The Department of Food Services shall share information about the nutritional content of school meals and/or individually sold foods with students, family, and school staff.
- b. School meals shall be served in a clean, safe and pleasant setting with adequate time to eat. The School Wellness Advisory Committee recommends elementary students have recess prior to lunch.
- c. Food service personnel shall have pre-service training and participate in professional development activities.
- d. The Department of Food Services shall involve families, students and other school personnel in food and beverage selections.
- e. The Department of Food Services shall work with suppliers to obtain foods and beverages that meet nutrition requirements of school meals and nutrition standards for those sold ala carte.
- f. The Department of Food Services shall reinforce school nutrition instruction and foster an environment where students can learn about and practice healthy eating.
- g. School meals shall be consistent with the recommendations of the Dietary Guidelines and/or the nutrition requirements and regulations for the National School Lunch Program and/or School Breakfast Program and all applicable state and local laws and regulations.

V. MONITORING

- a. The District Superintendent or designee shall ensure that each school meets the local wellness policy requirements.
- b. The District Superintendent or designee shall appoint a district wellness team/council.
- c. The District Superintendent or designee shall provide upon request data and/or reports to the Board and the School Wellness Committee.

LEG. REF.: Child Nutrition and WIC Reauthorization Act of 2004, PL 108-265, Sec.204.  
Child Nutrition Act of 1996, 42 U.S.C.§1771 et seq.  
National School Lunch Act, 42 U.S.C.§1758.  
42 U.S.C.§1779, as implemented by 7 C.F. R.§210.11.  
105 ILCS 5/2-3.137.  
23 Ill.Admin.Code Part 305, Food Program.

CROSS REF.: 440/R Food Services  
440.01 Free and Reduced Price Food Services  
440.02 Sanitation Inspections

Approved June 12, 2006